



THE LANTERN



➤ ➤ The Official Newsletter of the Northeast Region Staff College
U.S. Civil Air Patrol

<http://nersc.nhplm.org>

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Director:
Lt Col Joseph Goldman

Deputy Director:
Lt Col Jack Ozer

Curriculum Coordinator
Lt Col Gary Metz

Officer of The Day:
Maj Joseph Wyatt

PAO/ Editor:
Maj Paul Mondoux

Day two of the Staff College (The first Full Day)

Well we all survived Day Two.

The day started early with General Assembly at 0830. During general assembly the students gave their presentation on current affairs in the form of a news report.

Lt Col St Onge our Medical Officer gave her advice on the Butt Squeeze to relieve tension during the long days in the sitting position.

<http://nersc.nhplm.org>



The rest of the day consisted of Lectures and Seminars ranging from Human relations, Communications to Effective speaking.

SAFETY

Is of Utmost importance

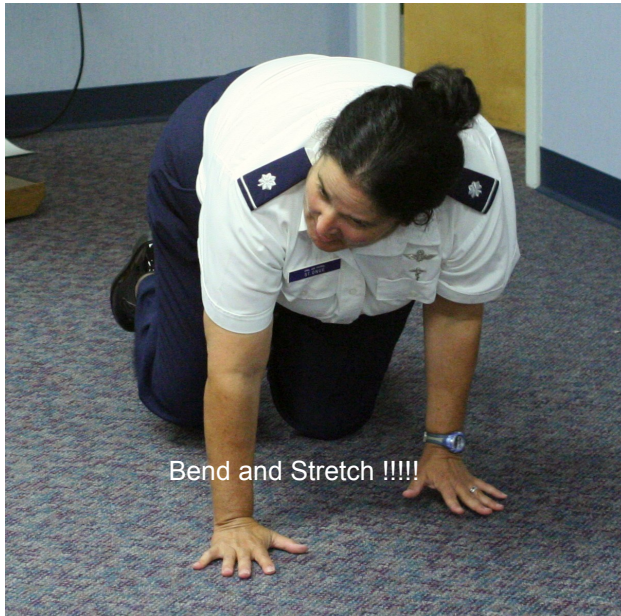


Do
not

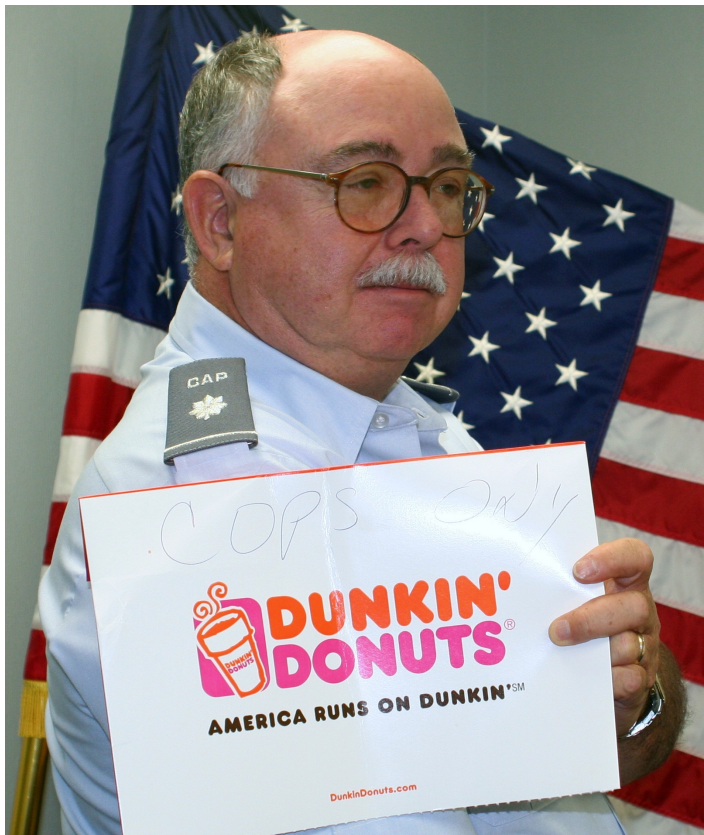
compromise safety for any
reason

Report any problems to
Lt Col Christine St Onge

LT Col St Onge explaining the Cat stretch to all the students



Don't Touch the Donuts



CMSgt Jackson presented a certificate of appreciation

INTEGRITY

VOLUNTEER
SERVICE:

EXCELLENCE:

RESPECT:

THIS SPACE
RESERVED
FOR A
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ARTICLE
THIS IS A
HINT



Core Values

INTEGRITY

VOLUNTEER SERVICE:

EXCELLENCE:

RESPECT:

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HINT**

The concept of Core Values has permeated the military culture for centuries. Essentially, the challenge has been a continual one of striving to develop an ethical framework to govern personal and professional conduct of military members. Since its creation in 1947, the Air Force has always had a basic set of “beliefs” or as referred to today, a set of core values. The most recent set of core values for the United States Air Force was published in 1997. When the Air Force began work on core values development, Civil Air Patrol did likewise. The final version of CAP’s core values was formally approved in February 1999 at the Winter National Board. CAP developed these basic values to guide its members in the performance of humanitarian service.

INTEGRITY : This is the very fiber of all core values; without it all other core values cannot prevail. It is the cornerstone for all that is moral and just in our society. It is more than simple honesty. It embraces other attributes such as courage, responsibility, accountability, justice, openness, self-respect, and humility. Lastly, this core value means CAP members must practice the highest standards of self-discipline.

VOLUNTEER SERVICE: CAP adopted this core value because it reflects the very essence of the organization – service to humanity. All CAP volunteers willingly give of their time, energy, and personal resources. Moreover, many have made the ultimate sacrifice by losing their lives while serving the organization. As a minimum, this core value implies a commitment on the part of all CAP members to place the organization’s purpose first and foremost. This process starts with the members’ agreement to obey the rules and regulations of CAP and the Air Force. In this regard, self-discipline is an absolute must.

EXCELLENCE: This core value reflects CAP’s continuous effort to be the very best, and to constantly improve its humanitarian service to America. From personal appearance to resource management, excellence must be the goal of all CAP members.

RESPECT: CAP members come from all walks of life. Therefore, it is extremely important that members treat each other with fairness and dignity, and work together as a team. To do otherwise would seriously impair CAP’s capability to accomplish the mission.

THE UNIFORM OF MY COUNTRY

Over two hundred years ago the first thread of the uniform I wear was woven. While great men dreamed of a country of free people, the army and navy that would win her liberty had already begun to organize. As the fledgling country grew stronger, so did its uniform develop. Each button and ribbon that has been added through the years boasts of victory at sea, conquests on land, and some of military aviation's greatest successes. The added medals and insignia laud moments of heroism known to us all. I wear the uniform of my country because, as America is a blend of races and cultures, my uniform is a woven, visual history of her people's courage, determination, and unique love of freedom.

Without a word this uniform also whispers of freezing troops, injured bodies, and Americans left forever in foreign fields. It documents every serviceman's courage, who by accepting this uniform, promises the one gift he truly has to give: his life. I wear my uniform for the heritage of sacrifice it represents and more.

No factor in America's growth has been greater than the men and women who have worn her uniform to help keep her strong. In war and in peace, they have circled the earth and journeyed to the moon, always carrying America's ideal with them. Their service to her has been a legend of honor.

I wear my uniform with pride for it represents the greatest nation of free people in the world. America serves as an example of those who strive to be free. They recognize this uniform as standing for millions of Americans who respect their world neighbors and wish to live in peace with them. My uniform is an extension of my people and my nation.

Most importantly, I wear the uniform of my country because others do not. America's freedom is a right given by God, but defended by man. It is our overwhelming responsibility to preserve our heritage of freedom for all Americans and I accept that challenge willingly.

I wear the uniform of my country because of its history, its heritage of honor, its service to America, its representation of my people, and because of my desire to live in a free land. Hopefully, I wear this uniform in peace. But America's enemies must know that I will also stand fearlessly in war as those before me have stood.

I pray only that I do not stand alone.

PAO / Lantern Editor Major Paul E Mondoux

Major Paul Mondoux is the PAO and Lantern Editor of the 2006 Northeast Region Staff College; at McGuire AFB, NJ. This is Maj Mondoux's 3rd year serving on Staff at the College. Maj Mondoux graduated from the NERSC in 2004 and returned as a staff member.

Maj Mondoux is married to Luane going on 35 years. Luane is also a Captain in CAP and the Executive Officer of the Amitrano Composite Squadron and the CISM Officer for NH Wing. They have 3 children and 5 grandchildren.



Maj Mondoux started many years ago as a Cadet in Nashua NH in the Col Benjamin Thyng Cadet Squadron. He returned to CAP in 2000 joining as a Senior member with the Amitrano Senior Squadron located in Nashua NH. He very quickly assumed the position of Deputy Commander of the Squadron and then Commander of the Senior Squadron within 6 months of joining. The Squadron has since been made a Composite Squadron. During the same period he held the position of professional development officer at Wing and in late 2000 he was appointed Director of Safety for the NH Wing retaining his position as Squadron Commander. He has also been the director for Squadron Leadership School, the Corporate Learning Course and the Unit Commanders course multiple times. He is a qualified Incident Commander Level 1 and holds ratings in almost all ES qualifications. He received the National Safety Officer of the year 2002 and the Regional Safety officer of the year in 2003 and again in 2005. He currently holds the positions of Director of Safety for the NH Wing, Commander of the Col Andrew Amitrano Composite Squadron, IT Officer and Web Master for sections of the NH Wing Web Site, CISM Team Member for NH and NER.

Professionally, Maj Mondoux holds 3 college degrees – including a Masters of Science in Computer Science plus multiple professional certifications in IT. He is employed by Lockheed Martin Corporation in Enterprise Information Services and a Sr. Staff Computer System Engineer. He Also Volunteers for Merrimack Fire Rescue in the EMS Division on the Advance Life Support Ambulance service in the town in which he lives. He is also a First Responder/ CPR-FPR instructor for The Red Cross and a Wilderness First Aid Instructor.

PROFESSIONAL DEVELOPMENT AWARDS:

Paul E. Garber Award
Grover Loening Aerospace Award
Leadership Award with two bronze stars and one silver star
Membership Award

LEADERSHIP EDUCATION:

Northeast Region Staff College
Corporate Learning Course
Squadron Leadership School
Unit Commanders Course

MAJOR DECORATIONS AND AWARDS:

Commander's Commendation Award with 2 silver clasp
Unit Citation with silver
Brig Gen Charles E. "Chuck" Yeager Award
Command Service Ribbon
National Safety Officer of the Year
Regional Safety Officer of the Year x2

SPECIALTY TRACKS AND RATINGS: Master ratings in Communications, Administration, Safety, Personnel, Professional Development, Information Technology

LIEUTENANT COLONEL CHRISTINE M. ST. ONGE Medical Officer

Lt Col Christine St. Onge is Safety/Medical Officer for 2007 NERSC. Colonel St. Onge attended NERSC as a student in 2002. She has been on staff of NERSC for the past four consecutive years.

Colonel St. Onge joined Creve Coeur Senior Squadron, St. Louis, MO in June 1980, as Medical Officer. After moving to Pittsburgh, PA. in 1981, she joined Butler Squadron 712 as Medical and Emergency Services Officer, and as Deputy Commander for Seniors from 1996-1998. Colonel St. Onge then served as PAWing Director of Safety from 1998-2000. She was Squadron Commander for Butler 712 for 5 yrs., from 2000-2005. From 2005-2007, she has served as Medical Officer for Group 1, PA Wing, serves in the same capacity for Group 6, PAWG, and on an ADY basis as Assistant Health Services Program Officer for Northeast Region.



Lt Col St. Onge has the following achievements as a CAP pilot: Command Pilot, Check Pilot for Groups 1 & 6, PAWing; Instructor Pilot; Mission Check Pilot; Cadet Orientation & AFROTC Pilot; CN Ops, Mission, Mountain, Transportation, SAR/DR, and Transport Mission Pilot; Mission Observer, and Scanner.

Lt Col St. Onge has a Nursing Degree from Maryville University, Creve Coeur, MO, 1971. She has specialized in all ICU & ER areas. Colonel St. Onge has worked for the American Red Cross since 1980 in Programs and Services, and Disaster Specialist, especially for 9/11 disaster. She now is employed by Maxim Healthcare, specializing in Pediatrics and Adolescent Care, and Wellness Clinics.

Colonel St. Onge owns her 1936 Beechcraft Staggerwing C17B, which she flies regularly in Air Shows. She has over 9500 hrs. since 1973, and has her CFIAIM certifications.

Lt Col St. Onge lives in Wexford, PA, outside Pittsburgh, PA with Paul, her husband of 30 yrs. They have two children, Joseph 25, and Laura, 17, who is also a CAP C/MSgt, and AFJROTC 2nd Lt.

PROFESSIONAL DEVELOPMENT AWARDS

2005 ---- Gill Robb Wilson Award
2003 ---- Paul E. Garber Award
1997 ---- Grover Loening Award
1980 ---- Membership Award

SPECIALTY TRACKS

Health Services (Master)
Emergency Services (Senior)

LEADERSHIP EDUCATION

2005 ---- National Staff College
2002 ---- Northeast Region Staff College
1996 ---- Corporate Learning Course
1994 ---- AEPSM
1981 ---- Squadron Leadership School

MAJOR DECORATIONS & AWARDS

Commander's Commendation Award
Red Service Ribbon
Lifesaving Award
Brig. General Charles E. "Chuck" Yeager
Unit Citation

Logistics Officer Major Warren Ratis

Major Ratis joined CAP in 1994 after attending EAA Airshow in Oshkosh, Wisconsin. Not having the good sense to flee before being handed the recruiting materials, he contacted the commander of the Long Island Group. He has been assigned there since.

Over the years he earned ratings as a Search and Rescue Mission Pilot, Observer, Scanner, Communications Unit Director and Counterdrug Crew Member as well as participating as a Cadet Orientation Pilot. Currently he serves as the Emergency Services and Counterdrug Officer for Long Island Group as well as being the Webmaster for this site.



Major Ratis has taught at the Northeast Region Communications School and holds the CAP Master Communicator rating. For ten years he was the Communications Officer for Long Island Group and earned the NY Wing Communicator of the year award.

He has been married to his wife Sheila for 25 years. They have two daughters and live on Long Island NY.

Career wise he is a Federal Law enforcement Officer with the US Customs and Border Protection at JFK Airport. He was deployed to New Orleans to support FEMA as a security manager in the ninth ward, immediately after Hurricane Katrina struck. HE rode out Hurricane Rita and spent a total of two months there. As a result of the efforts there he was awarded the Commissioner's Commendation.

His most notable mission was flying the first flight to photograph the World Trade Center on September 12th, 2001. This was the first mission sortie of CAP in wartime since World War II. Other key missions he participated in include the crash of TWA Flight 800 as well as the wild fires in the Pine Barrens area of eastern Long Island.

Additionally, he holds a Master SCUBA Diver Certification.



BITES AND STINGS Maj Paul Monodux

Warm weather months invariably include days at the beach, picnics in the backyard, softball games and other outdoor activities. In our activities with the CAP we will find ourselves outdoors. This increased time outdoors also means we will be communing more with six- and eight-legged critters. Most of these critters are harmless and couldn't hurt us even if they really wanted to. A few though, are equipped with poisonous weapons of pain. And whether from a wasp, bee, spider, ant or scorpion--most of us have felt this pain. Insect and arachnid stings or bites rarely cause death. Yet they do cause an incredible amount of pain and suffering.

Here are some facts and tips about the biting and stinging community around us:

* More people die from insect stings than from spider bites. The reason for this is that spider fangs are quite fragile and more people are sensitive to the much more piercing stings of bees, hornets, ants, and wasps.

Two ways to avoid being stung at your next outing:

- 1) Not smelling like a flower by avoiding sweet smelling colognes, and
- 2) Not looking like a flower by wearing white or neutral colors.

* A black widow's bite may go unnoticed until the start of symptoms, which occur anywhere from 10 to 60 minutes after the bite. Symptoms include severe pain at the bite site, headache, nausea, vomiting, and muscle spasms. Anyone bitten by a black widow spider should seek immediate medical treatment.

---- Once You're Stung ----

As you'd expect, most people who've been stung know it. The most common symptoms are limited areas of pain and swelling, with redness and itching. Beyond that the symptoms of bee and wasp stings vary, depending on where you're stung and how sensitive you are to the sting.

First: If you have a known allergic reaction to stings and bites, develop any signs of difficulty in breathing or any excessive swelling seek medical attention immediately.

If you do get stung, heeding the following advice will help reduce the pain and discomfort:

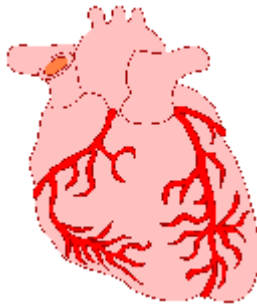
- Gently scrape out the stinger as soon as possible.
- Don't pull or squeeze the stinger. It contains venom, and you'll end up re-stinging yourself. (This applies to honeybees only; yellow jackets, wasps, and hornets do not usually lose their stingers.)
- Clean the sting area with soapy water.
- Apply ice to the sting immediately; it will minimize discomfort and prevent swelling and itching.
- Apply a paste made of meat tenderizer to the sting area. It seems to break down the protein in the venom.
- Take aspirin or acetaminophen for the pain, and/or antihistamine for the itching and swelling (provided you don't have to avoid these drugs for medical reasons).
- If you're stung in the mouth or tongue, get medical help fast--swelling could close off your airway.

Cardiac Emergencies:

It is important to recognize the following symptoms as signals of a heart attack:

Persistent pain or discomfort in the chest:

This constant pain can range from a mild discomfort to a very painful crushing sensation in the chest. Common descriptions of this pain include "pressure," "heaviness," "squeezing," "tightness," or "aching" in the chest. The pain is usually located in the center of the chest, and can spread to the shoulder, arm, neck, jaw, or back. Seek immediate medical care when the pain is severe, does not stop after 10 minutes, or is still felt during rest.




Difficulty breathing: This may accompany chest pains along with pale or bluish skin, heavy sweating.

Changes in pulse rate: The pulse rate may be irregular, or may be faster or slower than the victim's normal pulse rate.

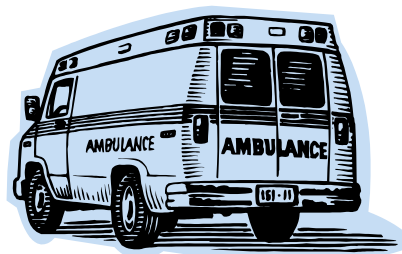
These symptoms generally indicate something *other* than a heart problem: A brief, stabbing pain; pain that gets worse with bending or breathing deeply.

Call EMS *If a victim experiences any symptoms of a heart attack, call EMS!*

 If a victim is having a heart attack:

Conscious victim: Find out from the victim if he/she has a history of heart disease, or if he/she is on any medication for a heart condition. Make sure to call professional medical care as soon as possible. Keep the victim calm by remaining calm yourself. Be alert of any changes in the victim's condition, and be prepared to perform Cardio-pulmonary Resuscitation (CPR)

Unconscious victim: If you are certified in CPR be prepared to perform CPR.





THE LANTERN



Schedule

Schedule

Wednesday

0600 Breakfast
0800 Home Room
0815 General Assembly
0900 Lecture—Principles of Organization
1000 Lecture—Generation “Y”
1100 Lecture—Activity Planning
1200 Lunch
1400 Lecture—Leading Seniors
1530 Lecture—Student Photos
1700 Seminar—Students dismissed to prepare for Picnic
1800 Picnic Ft Dix Recreation Center

Thursday

0600 Breakfast
0800 Home Room
0815 General Assembly
0900 Student Speeches
1130 Lecture—Non-Discrimination & Core Values
1200 Lunch
1330 Lecture—Critical Incident Stress
1500 Seminar—CISM: A practical Experience
1600 Lecture—Management Theories
1700 Seminar Keystone Project Preparations
1800 Dinner
2000 Free Time

Tuesday

0600 Breakfast
0800 Home Room
0815 General Assembly
0900 Lecture—Written Communications
1000 Lecture—Team Development
1100 Lecture—Time Management
1200 Lunch
1330 Lecture—Goal Setting
1430 Seminar—Goal Setting
1530 Lecture—Problem Solving & Critical Thinking
1700 Seminar—Problem Solving
1800 Dinner
2000 Free Time